



*To our members and volunteers having a birthday this month, we wish you a very*

**HAPPY BIRTHDAY!**

One of the January birth flowers is the carnation.

The carnation represents fascination, distinction, and love.

# Community Connections

North Berwick Coastal

January 2023



*'Moonrise' - Ruth Fraser*

**HAPPY  
NEW  
YEAR**

North Berwick Coastal Community Connections would like to wish our members, volunteers, and supporters a happy new year!

We wish you all a safe, happy, and healthy 2023.

We welcome you all to the first newsletter issue of the new year. A good friend recently shared a message which said 'New year, same fabulous me'! I liked this, the idea that we are rolling into another year, and yes that can be a chance for a fresh start but also not to feel we need to put pressure on ourselves to change. We are fabulous the way we are! Last year and this one! Bring on 2023!

As always at this time of year, I'm looking forward to the lengthening of daylight. We will gain an hour and a half of light by the end of the month!

So here's to a bright, happy 2023... I'm going to try to look for the happiness in each day, whether big or tiny, it's there around us to find.

- Ruth Fraser

## Celebrations in January

### • Global Word Search Day - 16<sup>th</sup> Jan

On a cold winter's day, why not snuggle up with a fun word search. A word search can keep your brain active and help to widen your vocabulary.

### • Red Squirrel Day - 21<sup>st</sup> Jan

Across the UK red squirrel numbers are declining and many conservation projects are monitoring and trying to reverse this decline.

### • Chinese New Year - 22<sup>nd</sup> Jan

The New Year according to the Chinese Calendar. In 2023 we welcome the Year of the Rabbit. The event is celebrated all around the world.

### • Burns Night - 25<sup>th</sup> Jan

A celebration of the birthday of Scotland's national poet Robert Burns.

In 2021, the Edinburgh Makar, Alan Spence, was commissioned by Edinburgh Trams to write a poem to be buried beneath the statue of Robert Burns in Constitution Street. Here is the last bit:

*Do you still read Burns in the far future, still sing his songs? Do they still break the heart?*

*(Who else would rhyme sever and forever, remind us that we meet only to part?)*

*So here's a hand across the years between for a' Jock Tamson's bairns and auld lang syne.*

*Know only this – we were, we lived, we loved.*

*Remember this. We were, we lived, we loved.*

- Interesting Times: 2021, by Alan Spence

Alan Spence was writing at the end of his term as Makar over a very strange extended term of office.

Year of the pandemic, plague, contagion, of quarantine and sheltering in place.

Year of lockdown, shielding, isolation, of sanitising, face masks, track-and-trace.

How would you describe 2022 and all that's happened to us lately? "Interesting" indeed, surely. What would you place in a time capsule at this point?

The poem explains that "May you live in interesting times" is an ancient Chinese curse, not a blessing.

After a year of rushing around, striving and sometimes stress, not to mention fretting over the future and dreading the news headlines, interesting as it's all

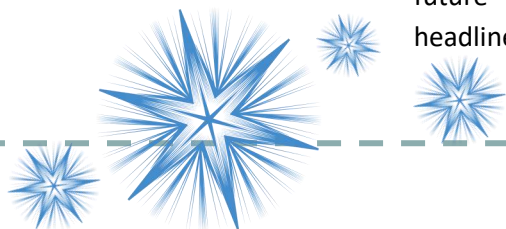
been... I could do with a retreat and a slow-down. Perhaps you too?

So, on Ruth's theme this issue of what we hope for in 2023, personally, I long for - and wish you all - some calm, peaceful, restorative, comforting and gentle times.

It's unrealistic to hope the entire year would turn out this way - but may we strive to build such moments into each of our days, our weeks, our homes and our gatherings.

And if that seems a tall order, Community Connections can help you with that in the New Year. We're ready to welcome you with comfort, companionship and maybe a help to creating a new routine. That's the right kind of interesting.

- Carol Stobie (Project Manager)

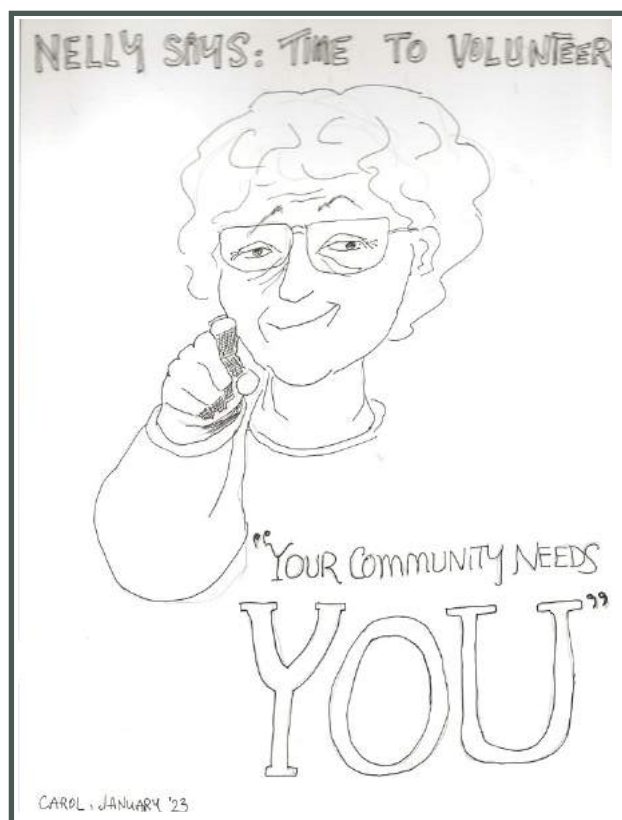


### Chinese New Year

Each Chinese year is associated with an animal sign according to the Chinese zodiac cycle. 2023 is the year of the Rabbit, specifically, Water Rabbit.

The sign of the Rabbit is a symbol of longevity, peace, and prosperity in Chinese culture. 2023 is predicted to be a year of hope.

Recent/upcoming years of the Rabbit are 1951, 1963, 1975, 1987, 1999, 2011, 2023, and 2035. If you were born in one of these years, then your zodiac animal is a Rabbit.



## Become a Community Connector and Make New Friends!

*'Knowing that my small efforts are helping folk who value and appreciate what we do. The marvellous camaraderie amongst us and new friendships formed. Lots of laughter and fun. It's a privilege to be a member of NBCCC.'*



– Befriender and Scone Café volunteer

Is this the moment for a fresh start? Has the New Year got you thinking of getting out there and making new friendships, lending your skills, stepping out of your comfort zone?

We have the most brilliant idea for you. Community Connections volunteers are the backbone of this locally based charity, whether through Scone Café, Coffee Connections, Buddy Walking, Compassionate Neighbours or background support of other kinds. And it so happens our next training programme is coming up!

Only have an hour or two to spare per week, or per month? We can work around your availability. Worried you won't fit in or have 'the right skills'? We find everyone has something to offer. Many of our best volunteers are folk who came to us as members. And our training can fill in the gaps – it's fun and engaging.

Want to know more? Take a look at our web page on volunteering, perhaps complete our online application if you can (or ask for our help if you need it): <https://www.nbc-communityconnections.org/volunteer-form/>

... and then contact Carol to set up an informal interview.

### NBCCC Volunteer Training in the New Year 2023:

Here are the dates for our next training sessions - you can choose from face to face or Zoom options.



A) **IN-HOUSE NBCCC CORE Volunteer training** is for everyone, covering the big picture of NBCCC, what we do, our services, our values and how it all fits together. This suits both volunteers who are new to us, including Trustees, or veteran volunteers wishing for a refresher on our new services. You'll then be able to choose your next step, with specialist training strands below.

CORE TRAINING Part 1: Tues 17<sup>th</sup> Jan (Rugby Club) 10.30am-12 OR Thurs 19<sup>th</sup> Jan (Zoom) 6.30-8pm

CORE TRAINING Part 2: Tues 24<sup>th</sup> Jan (Rugby Club) 10.30am-12 OR Thurs 26<sup>th</sup> January (Zoom) 6.30-8pm

B) **BEFRIENDING Volunteer training** (aimed at Befrienders and Buddy Walkers)

Tuesday 7<sup>th</sup> February 10.30am-12 Rugby Club OR Thursday 9<sup>th</sup> February (Zoom) 6.30-8pm

C) **WALK LEADER training** (for one-to-one Buddy Walking or Scone Walking group leaders)

NEW TENTATIVE DATE FOR WALK LEADERS: Thursday 9<sup>th</sup> February, 9am-1.30pm (Zoom/hybrid)

Helping you to plan, look after walkers, risk-assess and be insured for walking activities. Date to be confirmed shortly.

For more information and to book a place on any training options, please contact Carol.

**EASE Training:** Please note that you can also access the brilliant EASE training (End of Life Skills) in the Spring, for prospective Compassionate Neighbours and others interested. Contact Charli Prime on [compassionateneighbours@nbc-communityconnections.org](mailto:compassionateneighbours@nbc-communityconnections.org)

*'I hope that in this year to come, you make mistakes.*

*Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.*

*So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.*

*Whatever it is you're scared of doing, do it.*

*Make your mistakes, next year and forever.'*

- Neil Gaiman

No resolutions for me this year. Or maybe I should say the resolution is to have no resolutions. To go a little easier on myself – and feel free to make mistakes without torturing myself afterwards. Like so many

of us, I have found the last couple of years raised my stress levels considerably. That led to a lot of mistakes, in and out of work, very few of them glorious. More recently, I learnt that some of this may be down to my having a neurological syndrome called Attention Deficit Disorder. It's been an electrifying discovery, and I'll be exploring this before I tell you more about it later. Some of you may find you have the same thing!

If you're not making any mistakes, you're probably not making anything. To learn anything new, such as a language, we have to make thousands of mistakes before we accomplish anything. Life is full of risks, stumbles, bumbles, regrets, embarrassments - and second chances. And hopefully many more chances after that. If you think you need to be perfect in order for other people to like you, consider whether the people you are most fond of are perfect. They're loveably flawed, like you. The best thing about 2022, for me, was turning 60 in the company of good friends, dating

from about 1964 onwards (that one was a Zoom with a childhood playmate in Newfoundland!). I realise how fortunate I am to have sustained friendships over the decades - despite many stumbles. It has taken a lot of persistence, pestering and perseverance - including hideous mistakes and mutual forgiveness. It's worth it.

Nothing makes me happier than gatherings and the feeling of bringing other folk together for good times. That's why I do this job – it's what Community Connections is all about, and we saw it to the full in our Christmas event, filled with music, laughter and home-baked treats. These gatherings have continued over the Christmas season, thanks to our devoted volunteers. If you haven't experienced them yet, there could be no finer New Year's resolution than to get yourself down to Scone Cafe or Coffee Connections this January – to find new friendships, or even to volunteer with us! Let's make our glorious mistakes in good company.

- Carol Stobie (Project Manager)

### Christmas Campaign



A huge thank you to our friends at the Bass Rock Community Group for the beautiful homemade Christmas treats, to Lottie and friends at North Berwick High School and her mum Bex for organising the fantastic Christmas cards, and to our special volunteer 'Elves' for their help delivering to our members. It was brilliant to spread a bit of special Christmas cheer.





Compassionate Communities are looking forward to 2023 with a renewed sense of optimism and hope. There will be further opportunities to participate in EASE training in the Spring and Autumn. EASE brings community members together to develop awareness, understanding and confidence when supporting family, friends or neighbours who have a life-limiting diagnosis.

We are grateful to St Columba's Hospice, who have given valuable time, support, guidance and learning opportunities to develop and expand our team of compassionate neighbours. 2023 provides North Berwick Compassionate Community an opportunity to progress independently of St. Columba's Hospice, and discussions are underway with a team of medical professionals to ensure we get everything right, not only for the most vulnerable members of our community but for our volunteers too.

On a personal level, I relish the slightly longer days January offers, and with it, a sense of normality after the recent frenetic festive period. However, for many people in our community, being in the midst of Winter causes anxiety which can lead to isolation.

Building a compassionate community requires us all to be active participants, so please consider volunteering, continue to look out for your neighbours, and get in touch with any of the

NBCCC team members with any enquiries you might have.

World events can feel too onerous to absorb which is why turning to your local community can provide comfort and support. You don't have to face life's challenges on your own.

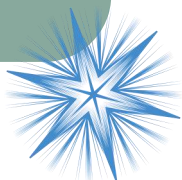
Please reach out and see what a difference we can make to your life.

- Charli Prime (Compassionate Neighbour Coordinator)



*"January is my favourite month, when the light is plainest, least coloured. And I like the feeling of beginnings."*

- Anne Truitt



Community Connections

## Tea Dance



### North Berwick Rugby Club

Will take place on the last Wednesday of each month  
2:00pm-3:30pm  
(Only £1 for refreshments)

#### Dates:

25<sup>th</sup> Jan 2023  
22<sup>nd</sup> Feb 2023  
29<sup>th</sup> Mar 2023  
26<sup>th</sup> Apr 2023  
31<sup>st</sup> May 2023

Dust off your dancing shoes and come join us.

You can come along as an individual, with a friend, or even take your spouse or partner – all are welcome to attend!

Call Parvine, Ageing Well Coordinator on 07718 117585  
or email [pwoodger@eastlothian.gov.uk](mailto:pwoodger@eastlothian.gov.uk) if you would like more details.



### Jean Coley - the smile we're going to miss

One much-loved member of Scone Café, Scone Walking and Coffee Connections over the last few years was the lovely and graceful Jean, who sadly left us in December 2022.

Jean moved to North Berwick some years ago to be near her son Charlie and his family. She was a Yorkshire woman known for straight talking combined with great affection; Christian values and dedication to causes from Amnesty International to the Samaritans; getting stuck in and helping wherever she lived. She and John raised five children with this philosophy: "Love them, feed them and let them be." She was a trained cook and everyone loved her food, especially her famous bread rolls, which she started at 6am every morning. Charlie remembers endless outdoor adventures, from wild camping on Mull to skiing, instilling a love of nature that's been passed down to 13 grandchildren, all as resourceful and self-possessed as Jean. She came here "to be a Scottish granny," and for years took care of her grandchildren after school.

In later years, Jean became frailer, and decided to take part in Community Connections' activities, where (as ever) she made new friends and charmed us all. It won't be the same around here without that glowing smile.

- Carol Stobie



Jean rowing with friends in the mid-1950s



Jean with fellow Scone Walkers, June 2022 (Jean left of picture)

#### THE KISS

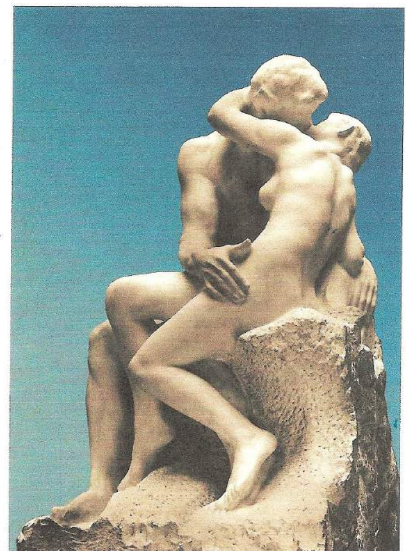
*A sonnet written while and after looking at Rodin's sculpture in the Tate Gallery with Maggie.*

The rocky lovers sit upon a stone.  
Their bodies' shapes grow from the rock below.  
From their stone bodies always sitting there  
A warm and loving tenderness does glow.

A man of rock you'd say if you saw him  
Digging a hole or wrestling in a ring.  
His hands are spades, his feet foundation stones,  
The muscles of his might are ropes of rock.

The woman's shape is solid as befits  
A marble woman with a rocky mate,  
But rounded like the stones of running streams.

Oh, might the softer selves of our two hearts  
Remain as steadfast as these lovers are.



Written by NBCCC supporter Bill Waugh

**COMMUNITY CONNECTIONS EVENTS UPDATE, JANUARY 2023****MONDAYS****CRAFT GROUP**, 10.30-12 at North Berwick Library

Completely free and new members/visitors are always welcome! Pop along this morning with your chosen craft for a natter! Feel free to call the branch on 01620 820700 if you'd like more information.

**HEALTH WALKS** with Ageing Well - meet 1.30pm at Lodge entrance

Friendly group walks - shorter and longer walks available. To register, contact Parvine, Ageing Well Coordinator on [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) or 07718 117585

**ZUMBA GOLD**, 6pm to 6.45pm at St Andrew Blackadder Church Hall, North Berwick

A fun, low impact Latin-based dance class. Suitable for all fitness levels. £5 pay as you go, no need to book. For more info contact Ruth on 07785707683, [figaroroo@yahoo.co.uk](mailto:figaroroo@yahoo.co.uk) or visit [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com)

**TABLE TENNIS**, 8.30 - 9.30pm at St Andrew Blackadder Church Hall, North Berwick

Join North Berwick Table Tennis Club for their over 50s group on a Monday evening.

**TUESDAYS****COFFEE CONNECTIONS**, 2-3pm at Seabird Centre

Join our small, friendly Community Connections gang and get into the way of enjoying cafés again in this spacious, dog-friendly space full of great baking, lunches etc. Please contact Carol if you'd like to come along.

**SPORTING MEMORIES**, 1.30-3pm, North Berwick Rugby Club

Dedicated to bringing together older adults to talk about and remember sport. Everyone welcome to this new group. Contact Graham Cross for details at [graham@thesmf.co.uk](mailto:graham@thesmf.co.uk)

**ABERLADY SCONE CAFÉ**, at the Aberlady Inn & Duck's Inn

Meet for a cuppa, scone and chat on the second Tuesday morning of the month at the Aberlady Inn (from 10 - 11.30am) and the fourth Thursday afternoon of the month at Duck's Inn (from 2 - 3.30pm).

**WEDNESDAYS****NORTH BERWICK SCONE CAFÉ**, 2-3.30pm, Abbey Church Small Hall, Church Rd

Community Connections' weekly gathering for blethers, scones and coffee, making new friends and sparking off new adventures. All welcome - free (donations welcome) and dog-friendly!

**SCONE WALKING**, 2.15-2.45pm. Group Walk meeting at Abbey Church Side Entrance. Like to get your walking confidence back, make friends and enjoy a sea view? Friendly, small group walking at very gentle pace along Elcho Green and back. Free refreshments afterwards!

**TEA DANCE**, 2-3.30pm, North Berwick Rugby Club

Join Ageing Well's Tea Dances on the last Wednesday of the month. (Only £1 for refreshments).

**THURSDAYS****BEACON LUNCHES**, 11-1pm at St Andrew Blackadder Church, North Berwick High St

Meet Community Connections, other members and guests at the weekly Beacon Lunch – ask for us at the door! We're here to enjoy making new friends over a bowl of soup, cake or coffee. (Free, donations welcome).

**MONTHLY MUSIC NIGHT - TUNES AND SONGS**, 2ND Thursday each month 7.30-10PM at North Berwick Rugby Club, Dunbar Rd. Join Eddie and other music enthusiasts for this friendly session - sing, play or just listen! FREE

**SATURDAYS****GULLANE SCONE CAFÉ**, 10.30am - 12pm at the Gullane Day Centre

Meet for a cuppa, scone, and a chat on alternate Saturday mornings, starting Saturday 14 January.





## Love talking sport?

At Sporting Memories we all have one thing in common: a love of sport.  
We welcome you to chat & reminisce with us at our

NEW

### North Berwick Sporting Memories Club

@The Rugby Club, Recreation Park, North Berwick, EH39 4DG

**Every Tuesday 1.30pm to 3pm (From 6th Dec)**

Our volunteers provide fun & inclusive social & physical activities along with a friendly welcome for all older sports fans

**Refreshments Provided**

To find out more get in touch with Graham on 07983 152566  
or email [graham@thesmf.co.uk](mailto:graham@thesmf.co.uk)



[www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)



NBMovies Presents: Ticket to Paradise

January 20th, 7pm NB Community Centre

Cert 12 Adults £6 Minors £3

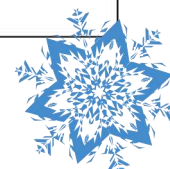
<http://NBMoviesJan23.eventbrite.co.uk>



### HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION	<p>For more information on the walks and their start dates please contact Parvine, Ageing Well Coordinator on <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a> or 07718 117585</p> <p><b>*Please note that everyone needs to fill out a new walker form before attending*</b></p>
Monday	Haddington	10.00am	Outside The Aubigny Sports Centre	10 week blocks	
	Athelstaneford	10.00am	Outside Athelstaneford Parish Church	10 week blocks	
	North Berwick	13.30pm	Entrance to the Lodge Park (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing	
Tuesday	Prestonpans	10.00am	Outside Prestonpans Community Centre	10 week blocks	
	Dunbar	10.30am	Outside The Bleachingfield Centre (bus trip second Tues of the month)	Weekly – ongoing	
	Aberlady	10.30am	The Sea Green (last Tues of the month meet opposite Gullane library)	Weekly – ongoing	
Wednesday	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks	
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks	
Friday	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks	
Saturday	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks	





## January Wildlife Watch by Ruth Fraser

January might be cold and dark, but there is still lots of wildlife to spot when you're out and about or watching from the window.

*"No winter lasts forever; no spring skips its turn."*  
– Hal Borland

### Blue tit



My personal favourite garden bird! Even during the winter, they brighten a dull day with a flash of blue darting across the garden. During the winter, you will often see them with other species of tits as they forage for food together. Listen out for its trilling, 'tsee-tsee-tsee' song. Like most birds, blue tits can see ultraviolet (UV) light. Studies show that the blue feathers on their heads glow brightly under UV light and send signals; for example, male blue tits have been shown to choose females with bright heads as an indicator that they would be fitter mothers.

### Common harvestman



This is one to look out for all year round. Although it looks like a long-legged spider, harvestmen aren't actually spiders. It is one of the Opiliones, a group of arachnids closely related to spiders. Unlike spiders, it has no silk glands so is not able to spin a web. As a group, harvestmen are easy to identify: they have eight very long, spindly legs and a small, round body without a 'waist'.

### Wildlife Anagrams

RCKOANCRE  
MJUTANC  
YCIAFSRH  
ESANK  
UBCOKTHNR

(answers on page 11)

**Get snapping:** please send photos of January wildlife you capture for us to share in the February edition.

### Aberlady Scone Cafe

The Aberlady Scone Café is usually held on the second Tuesday morning of the month at the Aberlady Inn (from 10 - 11.30am) and the fourth Thursday afternoon of the month at Duck's (from 2 - 3.30pm). It is sponsored by both establishments, so there is no charge to guests - free tea, coffee and home-baked scones.

We like to know numbers in advance so we can let our hosts know - so if anyone is interested in coming along, please email Kathy at: [kathyaberlady@btinternet.com](mailto:kathyaberlady@btinternet.com) or call on 07939 250138.

### Gullane Scone Cafe

A cheerful group of people attends the Gullane Scone Cafe held in the Gullane Day Centre on alternate Saturday mornings from 10.30 am 12 noon. We discuss our life and times, occasionally have a quiz, share local news and encourage each other to possibly get involved in the various activities going on in Gullane. Everyone has a different story to tell with a variety of experiences in their lives.

We are always on the lookout for others who might enjoy joining us regardless of age or circumstance. We enjoy eating delicious scones made by Mary and having tea and coffee or soft drinks. There is no charge but occasionally kind people give a small donation to the East Lothian Food Bank. Anyone who wants to come along should contact Margaret on 07907 999967 or Di on 07410 448869.

The dates when we are meeting in the early part of 2023 are as follows:

January 14th	March 4th
January 21st	March 18th
February 4th	April 1st
February 18th	



## Happy world Word Search Day for 16<sup>th</sup> of January!

### January Word search

B T O Q M I K E Q S H I B E R N A T E K B S U Y A  
 G K F C E Z T J Y N H Q F R R T G L H W O C D Y I  
 W S Y D H E B C M O Y N Y X J K U R J C P A A W T  
 E Z V E Y I S S N W Q M C J W D C A D A V R E I L  
 J E J T K J L G A R Z H V K E C Z L F Y L F E N Z  
 E O V K T Q Y L W L K H G G N O Q M E T V B A T I  
 Z B F P T N W R Y Y Z W B D X C T L I P W F P E X  
 J I D E Q Y O L D N N X E T W Q D E V U L U C R Q  
 G T X P V Z T B H O T C H O C O L A T E F P P Y C  
 L W Z E G E K X S R X U Q X R D I V U T H W K Q U  
 K N M B A A R E I A O F P Y I P F W B N B Q L W W  
 U L C Q Y L G G Q Z J B B S L N S X L Q D W L Y K  
 V J F D R F Q D R T L L E T E H A D A E U B W Z Y  
 D L O M E I G R Q E E W H R O A I F N G X M Z M C  
 M H K U E R M L X D E E T F T R E P K U E O Z Q T  
 A S N I T E X E D H I N Q R J B Z Y E S I J O R M  
 L U D X H P M A U S R N M O J F U C T T N Z F O K  
 M L S G E L V Y L M N B E Z F B K R J F D B W H D  
 P G Q O R A B W U H I O C E W N A V N H Z M M N F  
 B J D L M C H A L C S T W N S K E J Z S K X E F T  
 D F P T A E W I X O W O T F K I X W L E A Z A F K  
 V L P D L H G C Q Z T F X E L B N T Y N P V A J M  
 M L V H J M S Q E J D C D W N A B V H E W A K I A  
 Z K Q Y W S R D Z X M Q S R X S K W U B A E R A Q  
 I G I F L N D W M M Y Q J X N C L E G P A R R X C

Hot chocolate	Robert Burns	Fireplace
Snowflake	Evergreen	Hibernate
Thermal	Blanket	Mittens
New year	Chilly	Snow
Winter	Frozen	Scarf

After enjoying Charlie Mackesy's novel; **The Boy, the Mole, the Fox and the Horse** (a heart-warming tale of unlikely friendship), I was looking forward to watching the television adaptation on Christmas Eve. It didn't disappoint, it's beautiful. Here are some of my favourite quotes from it:

*What is the bravest thing you've ever said?* asked the boy. *'Help,'* said the horse.

*'Asking for help isn't giving up,'* said the horse. *'It's refusing to give up.'*

*Nothing beats kindness,'* said the horse. *'It sits quietly beyond all things.'*

*'Sometimes I think you believe in me more than I do,'* said the boy *'You'll catch up,'* said the horse.

- Ruth Fraser

### CHRISTMAS SCONE CAFÉ SPECIAL

We were delighted to see so many happy faces at our Scone Cafe Christmas Special on the 14<sup>th</sup> of December! Friendships were made, smiles seen in abundance, and voices rang out in celebration.



Enormous thanks to Bill Nisbet of Balfour Street and Thomas Plats (all the way from the London jazz scene, thanks to his local contacts) - they'd just met but jammed together superbly on all our festive singalongs.



**Free talk - Corncrake Conservation with RSPB**

14 January, 2-3pm

We're thrilled to welcome Chris Bailey from RSPB Scotland to talk about their Corncrake Calling project, funded by the National Lottery Heritage Fund. Started in 2020 this four-year project looks to save these iconic and secretive birds through land management, education and advocacy. Join Chris to find out how RSPB is working to deliver these objectives in partnership with farmers, government and the public.

Tickets are free but must be booked in advance. More information here: [www.seabird.org/events](http://www.seabird.org/events)

**Free exhibition – Operation Broken Feather**

Open until 22 January, 10am to 3pm

Discover our fun, new interactive exhibition about one of Scotland's rarest birds. Help Secret Agent Corncrake discover why the noisy yet secretive corncrakes are disappearing from Scotland? This interactive exhibition has been masterminded by RSPB Scotland as part of the Corncrake Calling project with support of the National Lottery Heritage Fund. It was co-designed by SF+SH with students from Lochgelly High School, The Glasgow Academy, Berwickshire High School, Castlehead High School, St. Joseph's Academy & Banff Academy. Supported by The National Lottery Heritage Fund, Corncrake Calling is a new four-year project to save these small brown tawny members of the rail family.

Entry to the exhibition is FREE, but with a recommended donation of £5.00.

**Swish with Lil – Clothes swap**

19 January, 7.30pm - 9.00pm

Join Lil at the Scottish Seabird Centre on Thursday January 19th from 7.30pm. How does it work? You donate great quality clothes/shoes/ bags/accessories that you no longer love/ wear in the week preceding the event to Lil, 10 High St Haddington, EH41 3ES or to the Seabird information desk or office at the North Berwick Harbour until 4pm on Thursday 19th. No earrings or underwear please. Everyone gets a chance to view the items, and then we take three new to us, each. Once everyone has got their top three, you can fill your bags with as many clothes as you can take home. Please come along even if you don't have clothes to donate. Tickets are £15, including a fizz or non-alcoholic drink on entry. Book here: [www.dolilthings.org/giftsandpartytime/nothingnewsince22](http://www.dolilthings.org/giftsandpartytime/nothingnewsince22)

**Action for Nature Beach Clean**

28 January, 11am - 12pm

Join us to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. This beach clean will focus cover East and/or West beach in North Berwick - we will cover as much ground as possible within 1 hour.

**Coastal Wildlife Tour**

28 January, 1pm – 2.30pm

Join our Conservation Officer for a relaxing 1.5 hour wildlife tour along the coast to find out more about the seabirds, shorebirds, and cetaceans that can be spotted around Scotland. Friendly, quiet dogs are welcome, but we ask that they are kept on a short lead throughout. Tickets are £7.50 per person. Book here: [www.seabird.org/events](http://www.seabird.org/events)

Thanks to the incredible work of the team at Beach Wheelchairs, beach cleans and coastal wildlife tours can now be accessible for wheelchair users (subject to availability). To discuss available equipment and book a session to coincide with this event, get in touch with the Beach Wheelchair volunteers on: [info@beachwheelchairs.org](mailto:info@beachwheelchairs.org) or give them a call on: 0300 111 2112.

**Wildlife Anagram Answers:**

Corncrake Muntjac Crayfish Snake Buckthorn





### The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on 07915 719342 (Tuesdays, Wed morning and Fri morning) or email: [admin@nbc-communityconnections.org](mailto:admin@nbc-communityconnections.org)



For the following services, contact **Carol Stobie**, Project Manager, on 07940 203380 (Tuesday - Thursday) or email: [nbc-communityconnections@outlook.com](mailto:nbc-communityconnections@outlook.com)

- Gatherings, Coffee Connections, Scone Café, Scone Walking and drop-ins
- Partnership activities and outreach
- Volunteer applications



For the following one-to-one services, contact **Lynn Artesse**, Interim Befriending Coordinator, on 07862 694842 (Tuesday or Wednesday morning) or email: [befrienders@nbc-communityconnections.org](mailto:befrienders@nbc-communityconnections.org)

- Befriending (weekly calls or meet-ups with a volunteer)
- Buddy Walks (any length, any speed fine!) with a trained volunteer



For Compassionate Neighbours services, contact **Charli Prime**, Compassionate Neighbours Coordinator, on 07360 587369 (Tuesdays) or email: [compassionateneighbours@nbc-communityconnections.org](mailto:compassionateneighbours@nbc-communityconnections.org)



For newsletter matters, contact **Ruth Fraser** at [newsletter@nbc-communityconnections.org](mailto:newsletter@nbc-communityconnections.org)

· Please send in contributions for the newsletter (we'd love your stories, pictures, recipes, quotes, letters, practically anything you'd like to share with other members!)

· Deadline for February newsletter: 25<sup>th</sup> Jan



### Current NBCCC Services Offered:

- \* Scone Café weekly drop-in
- \* Scone Walking
- \* Coffee Connections at local cafe
- \* Befriending calls or meet-ups
- \* Buddy Walks
- \* Chumming to local activities, when available
- \* 'Community Connections' monthly newsletter



North Berwick Coastal Community Connections has been funded by the North Berwick Coastal Area Partnership, National Lottery Community Fund, North Berwick Trust, East Lothian Council.



*'You know how I always dread the whole year? Well this time I'm only going to dread one day at a time.'*

- Charlie Brown